



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 15010, Fish, catfish, channel, wild, raw

Report Date: June 25, 2017 17:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	80.36	--	0.301	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	95	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	397	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	16.38	--	0.235	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	2.82	--	0.595	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	0.96	--	0.025	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Minerals													
Calcium, Ca	mg	14	--	7.641	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Iron, Fe	mg	0.30	--	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	23	--	0.520	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Phosphorus, P	mg	209	--	18.568	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	358	--	18.886	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	43	--	3.871	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.51	--	0.032	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.034	--	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.025	--	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	12.6	--	0.823	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
Vitamins													
Vitamin C, total ascorbic acid	mg	0.7	--	0.225	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Thiamin	mg	0.210	--	0.030	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Riboflavin	mg	0.072	--	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	1.907	--	0.167	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	0.765	--	0.120	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-6	mg	0.116	--	0.012	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin B-12	µg	2.23	--	0.155	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin A, RAE	µg	15	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	15	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Vitamin A, IU	IU	50	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin D (D2 + D3)	µg	12.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	500	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2001
Lipids													
Fatty acids, total saturated	g	0.722	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.064	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	0.442	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	0.844	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.176	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	0.594	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	0.865	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.101	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.071	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.100	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.234	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	58	--	3.530	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Amino Acids													
Tryptophan	g	0.183	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.718	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.755	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.331	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	1.504	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.485	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.176	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.639	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.553	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	0.844	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	0.980	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.482	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	0.991	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	1.677	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	2.445	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.786	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.579	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.668	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985